

VITAL SIGNS



VOL XI No. 12

Naval Hospital, Orlando, Florida

December 1987

Deputy Assistant Secretary of the Navy (Reserve Affairs)

The Honorable Leonard H. McRoskey, Jr. visits NavHospOrl

On 3 December, the Honorable Leonard H. McRoskey, Jr. visited the Naval Hospital as part of his official visit to Orlando. CAPT Palmer welcomed him at 0900 and the fast-paced visit began. Mr. McRoskey attended the Command Briefing and met with the Directors, and the Reserve Liaison Officer. After lunch, he and his wife, Virginia, were escorted on a tour of the hospital and Branch Medical Clinic, NTC. Mr. McRoskey was most impressed with our state-of-the-art facility and particularly impressed with the staff.



CAPT Palmer extends a welcoming hand to Mr. McRoskey.



CDR Patricia Howell, NC, USN, Inpatient Nursing Coordinator, briefs Mr. McRoskey on the Surgical Ward.



LT David R. Whiting, NC, USN, Charge Nurse, and HM3 Jimmy L. Dismuke, welcome Mr. McRoskey to the Medical Ward.



LCDR Mary J. Parks, NC, USN, Charge Nurse, greets Mr. and Mrs. McRoskey in the Emergency Room.



CDR Bruce Rand, MSC, USN, Laboratory Officer, shows the McRoskeys some of the computerized laboratory testing equipment.

Twice as nice ... or double trouble?

By LT F. J. Fox, USN

This Thanksgiving a Navy family in Orlando had something very special to be thankful for. On 20 November, ET3 Glenn Patton, Nuclear Power School, and his wife, Kathleen, welcomed into their lives a set of beautiful, identical twin girls. The girls, Kami, who is the eldest by one minute, came into the world at 6 pounds, 7 1/2 ounces, and Nikki, weighed 6 pounds, 6 ounces. Glenn and Kathleen describe their girls as "twice as nice - most of the time," and only "double trouble" when one wakes up in the middle of the night, a half hour after the other one finally goes back to sleep after being fed. The parents are hoping that they will soon synchronize their schedules and wake up together (good luck!). This is the first time in over two years that twins have been delivered at Naval Hospital Orlando. Twins are no surprise for Kathleen. At least one set of twins has been born in her family during each of the past six generations. Hers is the third set of twins born in this generation ... so far!



ET3 Patton holding Nikki, and Mrs. Patton holding Kami.

Photo by LT F. J. Fox, USN

American Red Cross

Volunteer hours

for November -

1,448

Volunteer of the Month

Mrs. Hazel Emenger is the American Red Cross Volunteer of the Month for December. Mrs. Emenger is the volunteer for the ENT clinic on Thursday mornings and is also quick to volunteer to work whenever needed. Mrs. Emenger received her Red Cross Volunteer Training at Langley Air Force Base and now has almost fifteen years of volunteer service. Mrs. Emenger and her husband, Bill, will be traveling to Georgia to spend Christmas with their daughter.



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**Vital
Signs**

STETH - O - SCOOP

By HM1 William P. Macchi, USN



If you could give a gift to the world ...



Mrs. Margaret Shepard, Word Processing: "I'd like to give the world a sense of humor, for what is life without laughter!"



HM2 Frank Wigfall, Office of the DFA: "I'd give the gift of life to those who are going to lose it this holiday season -- from using drugs or drunken driving. Maybe they'd appreciate it the second time around."



Mr. Roger Woodrum, Inpatient Administration: "Patience and perseverance so harmony, to a greater degree, could be enjoyed by all."



HM2 Lorna Salinas, Manpower Management: "I'd give the gift of good health. If you have your health, you have a better quality of life."



LT Donnie B. Fields, MSC, Medical Equipment Manager: "I would want my gift to make a difference; therefore, it would be LOVE. Not the romantic love, but a love that tells mankind to put others before one's self. But hasn't that gift been given before?"



ENS Regina Hall, Clinical Nutrition and Dietetics: "... a world free of traffic jams; especially the one at 1600 at Glenridge and Lakemont."

Staff Journal

Awards ceremony on 19 November



HM1 Jonah P. Aycox, USN, Medical Repair Branch, received a Navy Achievement Medal. CDR D. G. Daniel, MSC, USN, Acting Commanding Officer, made the presentation. Petty Officer Aycox was recognized for professional achievement in the superior performance of his duties at the Navy Drug Screening Laboratory, Jacksonville, Florida.



LT Margaret Davis, NC, USN, Nursing Services, received a Letter of Commendation and a Certificate of Appreciation from the Chief of Chaplains for her work as command Lay Eucharistic Minister.



LCDR Ramon Ruiz-Torres, MC, USN, was presented a Letter of Commendation by CDR Daniel as he transferred to Naval Hospital, Memphis.



HM3 Darrell Bridges, USN, Security Branch, received his First Good Conduct Medal.



HM2 Duong T. Nguyen, USN, Laboratory Department, received two presentations. He received his First Good Conduct Medal and also a Letter of Commendation. Petty Officer Nguyen has since departed on separation leave.



LCDR Susan C. Faurot, NC, USN, Nursing Services, received a Letter of Commendation as she prepared to transfer to Naval Hospital, Portsmouth, VA.



CDR James E. Stokes, NC, USN, Nursing Services, received a Letter of Commendation from CDR Daniel. CDR Stokes transferred to the Naval Hospital, Adak, Alaska.



LCDR Thomas H. Lyon, MC, USNR, Family Practice Department, received a Letter of Commendation as he prepared to be released from active duty.



Mrs. Diane Jones, Manpower Management Department, received a Special Achievement Award from CAPT Palmer on 16 November. The award was for Mrs. Jones' achievement in meeting a short-fused manpower task requiring super effort and unselfish volunteering of personal time.



LT Catherine A. O'Conner, NC, USN, received a Letter of Commendation for her performance of duties as Charge Nurse, Family Practice Clinic, NTC Annex. LT O'Conner has now been reassigned to the Staff Education and Training Department.



DT2 Gregg T. Cromer, USN, Dental Department, receives congratulations from his reenlistment officer, CDR Ralph M. Reavis, DC, USN, Head of Dental Department. Petty Officer Cromer was reenlisted on 20 November.



HM1 Sherry Roberts, USN, Branch Medical Clinic, NTC, listens intently as CAPT Palmer read her appointment certificate for her advancement to HM1. Petty Officer Roberts' advancement took place on 23 November.



LT Holly L. Donley, NC, USNR, Nursing Service, receives congratulations from CDR D. G. Daniel, MSC, USN, Acting Commanding Officer, after he had administered the oath for her permanent appointment to Lieutenant on 13 November.



SN Scott F. Bussey, USN, a LIMDU patient who worked in the Legal Department, received a Letter of Commendation from CAPT Palmer on 7 December. SN Bussey returned to Nuclear Field "A" School to resume his studies.



HM3 Wade Army, USN, Emergency Room, was reenlisted on 1 December by LT Earmon Bowman, NC, USN. Petty Officer Army is in receipt of orders and will report to the USS PAUL (FF 1080) in January.

Several members of the Fiscal Department received Letters of Commendation from CAPT Palmer on 24 November.



Front row, left to right: Mr. Francis Mahanke, Ms Pat Keefer, Mr. John Julian, and Ms Glenda Strickland. In the back row: Mr. Walter Beaton, Mr. Pete Peters, and Mr. Richard Tichy. CAPT Palmer commended all of them for their superior performance at the close of the fiscal year.



We all know that HMCS Anthony T. Ciaramitaro, USN, is the Assistant Head, Operating Management Department and the Assistant Security Officer ... what is not known is that he is a modest man! We had to read the Sentry, the newsletter of the Naval Security and Investigative Command, to learn that HMCS Ciaramitaro was a valedictorian graduate of the Physical Security Supervisor Course in Washington, DC. Senior Chief Ciaramitaro attended the course in July and shared honors with LT Steven B. Darling, USN. Both achieved a perfect 100 on their final exam.



"Outstanding" PRTs



Talk about being fit! When the results of the Physical Readiness Test in October were tabulated, there were a lot of staff members who achieved an "outstanding." They all received certificates from CAPT Palmer on 2 December, and Vital Signs would like to ensure they all receive recognition for their achievement. They are:

CDR James Dolney	HMC Charles Thompson
CDR Edward Grout	AEC Michael Viladesau
CDR Richard Kinder	HM1 Scott Simken
CDR Harold Sloas	HM2 Dave Haldane
CDR Joyce Vickers	HM3 Kenneth Perkins
LCDR Robert Hamilton	HM3 Del Serrano
LCDR Douglas Leiby	HM3 Tammy Rodriguez
LT Alicia Bartlett	HN Scott Catania
LT Catherine Cutler	HN Armando Guerrero
LT Thomas Goodell	HN Eric Hamilton
LT Denise Graham	HN Charles Riedley
LT Creighton Kendall	HN Suzanne Schultz
LT Gregory Leghart	HN Kevin Scrivens
LT James Podschun	HN Jeffery Stacy
LT Richard Savoy	HN Paul Tillet
LT Mark Taylor	HN Christopher Wyman
LTJG Danielle Morrow	HA Gregory Brown
LTJG Kathryn Summers	HA Jesus Chavez
LTJG Thomas Vagnini	HA Timothy Jenkins
	HR Michael Hohnhorst

HN Dave Haldane achieved the highest score for the men, and LTJG Kathryn Summers, NC, achieved the highest score for the women.



Library Currents

By Mrs. Nancy Toole

The Library is constantly receiving new books and videocassettes. To bring you up-to-date, we now have the following:

- Levine - Current Treatment in Dental Practice. 1986.
- Smith - Drug Interactions in Anesthesia. Second Edition. 1986.
- Judd - Geriatric Emergencies. Aspen 1986.
- Gonda - Dying Dignified. 1984.
- Ziegel - Obstetric-Nursing. Eight Edition. 1984.
- Donovan - Cancer Care Nursing. Second Edition. 1984.
- Moore - Clinical Guidelines for Clinical Nursing. Care Plans. 1986
- Andreoli - Comprehensive Cardiac Care.

Videocassettes:

Naval Disability Evaluation System
Respiratory Care
Testicular Self Examination
Navy Occupational Health Program
Beyond Fear

EMT Graduates

Staff Education and Training Department had the satisfaction of seeing one more enthusiastic class of Emergency Medical Technicians graduate on 16 November. The graduates were:

HMC Richard Abriz, USN
 HM3 Luciano Babon, USN
 HN Kevin Burns, USN
 HN Carol Collins, USN
 HM1 Walter Cornell, USN
 HN Emmanuel Durham, USN
 HN Brian Folan, USN
 HMC Paul Gribbons, USN
 HN Gregory Griffith, USN
 HN Eric Hamilton, USN
 HN David Klesmith, USN
 HN Robert Langley, USN
 HN Melinda Lopez, USN
 HMC James Nealy, USN
 HN Donald Polt, USN
 HN Miguel Quintana, USN
 HN Kenneth Rivera, USN
 HN Jeffrey Stacy, USN

VITAL SIGNS

December 1987

MEDICAL RECORD		CONSULTATION SHEET	
REQUEST			
TO: CAPT TASHCHIAN		FROM: (Requesting physician or activity) PHYSICAL EXAMS, BMC	DATE OF REQUEST 13DEC87
REASON FOR REQUEST (Complaints and findings)			
Male Cauc. (age unknown) seen for annual flight P.E. on 12 DEC 87 with probable personality disorders due to outward appearance and general past history. Presently, 100 pounds overweight and having some periods of depression due to employees (elves) being too short for his liking and they are also attempting to unionize. Please evaluate.			
PROVISIONAL DIAGNOSIS			
(1) RULE OUT MULTIPLE PERSONALITY DISORDERS (2) DEPRESSION, SEASONAL.			
DOCTOR'S SIGNATURE	APPROVED	PLACE OF CONSULTATION	☐ ROUTINE ☐ TODAY
A. TASHCHIAN, CAPT, MC, USN		☐ BEDSIDE ☐ ON CALL	☐ 72 HOURS ☐ EMERGENCY
CONSULTATION REPORT			

Patient presents himself as an ageless, portly, bizarrely dressed man with inappropriate affect, who shouted "Ho, Ho, Ho," throughout the interview. He related in an inappropriate manner, frequently asking me if I was a good boy and insisting that I sit on his lap during the session. Subject revealed a marked preference for children. He entices them onto his lap by offering candy. He then promises to give them gifts in order to gain entrance into their homes at night. He admits to breaking and entering. He has voyeuristic tendencies which is evidenced by his prowling through homes and watching people sleep. He has obsessive-compulsive features as evidenced by his collecting names, making lists and frequently checking them twice. Kleptomaniac tendencies were noted; always takes cookies and milk from homes and deals with his guilt feelings by leaving beautiful gifts. Bizarre, underlying aggressive features were noted in his compulsive insistence of making certain species of cloven-hooved animals fly on a certain cold winter night. His liberal use of a whip is also suspect. Delusions of grandeur were evidenced by his insistence that he is a "saint." He insists that a species of little people work for him and he feels persecuted by their wish to unionize, their slow volume output, and barely making time limitations. Another significant clinical feature is his excessive oral dependency needs which are apparent by his corpulence, pipe smoking, preoccupation with candy and his delusion that his abdomen is a "bowlful of jelly."

IMPRESSION: Considering the cultural beliefs, traditions and attitudes, there appears to be no psychiatric disorder in this typical, normal, jolly, old elf.

RECOMMENDATION: Patient is to continue his present lifestyle indefinitely, spreading joy and happiness throughout the world.

SIGNATURE AND TITLE		DATE	
A. TASHCHIAN, CAPT, MC, USN Head, Psychiatry Department		13DEC87	
IDENTIFICATION NO.	ORGANIZATION	REGISTER NO.	WARD NO.

PATIENT'S IDENTIFICATION (For typed or written entries give: Name—last, first, middle, grade, rank, rate, hospital or medical)

KRINGLE, Kris 13DEC87 Naval Hospital, Orlando, FL

CONSULTATION SHEET
STANDARD FORM 513 (Rev. 9-77)
Prescribed by GSA/ICMR
FIRM (41 CFR) 201-45.505
513-108



LAB LINE

By LT C. A. Rossi, MSC, USN

New improved CBC reports

Our laboratory is now able to perform an automated differential with each CBC requested. Differential accuracy and interpretation is enhanced greatly since all the white blood cells are reviewed in the sample rather than just the 100 cells in the typical manual differential. For example, if the patient has an 8.2 WBC, the instrument counts the 8200 cells and simultaneously categorizes them as grans, lymphs, monos, eos, and basos. Concurrently, a histogram based on cell size distribution is formulated for each patient sample. The histogram permits the operator to verify that the cells being counted are not affected by electronic or particulate noise. Secondly, it allows the operator to view the distribution of the counted cells and verify that they conform to the expected pattern. Thirdly, the size distribution of histograms that show significant departure from the expected normal pattern provides information about possible pathological conditions or the presence of grossly abnormal cell types. An interpretative report is printed by making a computer comparison of the histogram pattern with a multiplicity of preset limits. This analysis provides one or more messages that categorize suspected abnormalities. The suspect categories may include several different types of abnormal cells. Suspect cell categories are flagged by statements appearing above the appropriate area of the histogram and by a symbol which is printed on the lab report next to the affected category. A manual differential review and/or count is performed when the histogram/automated differential exceed the predetermined limits established by the Lab Department.



CIVIL LIFE



By Ms I. Emma Walker

The monthly meeting of the CWRA was held on 8 December. It was the last official meeting of 1987 and what a meeting! It set a record for the number of civilian employees attending -- we came really close to "standing room only!"

Top priority of business was making plans for the 1987 CWRA Christmas Open House which will be held 22 December in the Lawson Room from 1400 to 1600. Mark this get-together on your calendar -- it is a great time for munching and visiting and extending holiday greetings to your fellow workers.

This was CWRA's first opportunity to have the "new employee welcome aboard" reception that we have planned for so long. The new employees were introduced to all those present and after the official meeting ended, everyone enjoyed cookies and punch.

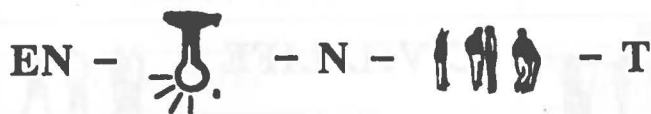
The results of the balloting for the new Board of Directors and Board Members have been tabulated and approved by the Commanding Officer. The results are listed on Page 10. CWRA extends a grateful "thank you" for the hard work of the outgoing Board and Members and best wishes for success to the 1988 Board of Directors and Members.



At the new employee reception, Mrs. Dee Jones welcomes Dr. Joseph Weisman, Radiology Department, as Mrs. Ann Hutto, serves punch. Newcomers Ms Lera Paul, Medical Boards, and Ms Marie King, Physical Exams, both from Branch Medical Clinic, NTC, enjoy the reception.

Merry Christmas





By HM1 Jacqueline Davies, USN

General Order #4

"To quit my post only when properly relieved."

My watch is set ... oh! ... it's time to go! The U. S. Navy way of life brings this upon us all every two to three years. There's always a sort of gala feeling in the air when detaching a command (my tour is completed!) and apprehension in reporting to a new command. To some degree, every duty station can be considered "best," and I can surely say my assignment as DAPA has been professionally and personally rewarding.

The command has selected HM1 Anthony White, presently the Leading Petty Officer of Nursing Service, as my DAPA replacement. He will assume the duties after returning from DAPA training in January.

It's a pleasure to leave this enlightenment with you ... "The past cannot be changed, but the future is whatever you want it to be ... look for the opportunities, not guarantees. So, when you get what you want in your struggle for self, and the world makes you king for a day ... just go to a mirror and look at yourself, and see what THAT person has to say; whose judgment you must pass. You know the person whose judgment counts most in your life is the one staring back from the glass." Remember:

"Live for today.

Dream for tomorrow.

Learn from yesterday. It's worth repeating!"

- Farwell

MERRY
CHRISTMAS

CWRA election results

The civilian employees recently had the opportunity to cast ballots to elect a new Board of Directors for the Civilian Welfare and Recreation Association and also to elect 12 Board Members and two Representatives. CAPT Palmer approved the selections on 10 December; therefore, the results can now be published.

BOARD OF DIRECTORS:

Chairperson:

Gwen Bigham, Internal Review X-4910

Vice Chairperson:

Roger Woodrum, Inpatient Admin X-4970

Secretary:

Carol Canter, BMC, NTC X-4448

Treasurer:

Michelle Smith, Fiscal Dept X-5270

Publicity Officer:

Joyce Lockwood, Inpatient Admin X-5466

Board Members:

Ron Springer, Fiscal Dept X-5270

Glenda Strickland, Fiscal Dept X-5516

Dee Thompson, OB-GYN Clinic X-4019

Helen Walsh, Facilities Mgmt X-4914

Sarah Kunerth, Orthopedics Dept X-4028

Cheryl Evans, Outpatient Admin X-4946

Joe Kinzler, Housekeeping X-4976

Ann Hutto, Laboratory Dept X-4042

Christina Saadat, Laboratory Dept X-4037

Ed Sargent, Alcohol Rehab Dept X-4502

Lynn Repp, OB-GYN Clinic X-4019

Jean Connolly, Fiscal Dept X-4269

Representatives:

Suzanne Guthrie, NTC Dental Clinic X-4267

Lovie Tompkins, BMC, NTC X-4264

Makin' a list ...

and checking

it twice ...





CHAPLAIN'S COMMENTS

By LT Patrick R. Appleget, CHC, USNR

Peace be with you

Christmas is a time of expectation, a time for gathering together, and celebration. It is a time for gift giving and remembrances. Unfortunately, it is also a time of stress, a time of un-realized expectations, of being alone, and feeling frustrated. It doesn't seem right that the two emotions, hope and frustration, should be involved in the same holiday. A hymn puts it nicely. "... the hopes and fears of all the years are here in thee tonight."

Frustration is at its highest when hope and expectation are at their highest. Some people try to avoid the frustration by avoiding the joy as well. They avoid Christmas joy in order to avert the holiday let down that sometimes occurs. We may realize unfulfillment in our lives. The rush of crowds, the expectations of friends and family can become overwhelming. Sometimes we ask ourselves, "How in the world can I do it all?" Even our rituals and religious traditions can become just another thing to do. One of the best ways I know of dealing with the mixed emotions of the season, is to be honest with yourself ... realize that we are not superhuman. Give time first to what is important and then allow yourself to "wind down." Give 100% of yourself, avoid distractions, and when you are finished, take time to relax and reflect upon your blessings. Avoid "overbooking" yourself: if you only do one thing, that's fine as long as you find it worthwhile. Strive for a little more quality and a little less quantity.

Christmas time is meant to be a time of renewal, a time in which light shines in the darkness; a time for us to realize that God loves us fully and comes to us in the middle of our dark and troubled times.

Merry Christmas and peace be with you all.



CAREER COUNSELOR'S CORNER

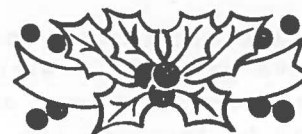
HM1 Thomas A. Gaston, USN

A Christmas gift

As we get ready for the holidays, we think about gifts for our families ... what to get our spouse, our children, and our parents. This article is going to talk about a selfish gift -- one that you can only give yourself, and one which will benefit your career. The gift is a current Duty Preference Form.

Enlisted duty preferences play an important part in assignments. If you do not have an Enlisted Duty Preference Form (NavPers 1306/63) on file, the detailee can assign you to any valid requirement. It is up to you to submit a properly filled out, up-to-date, Duty Preference Form. When filling out the form, refer to the Enlisted Transfer Manual. Essential information is name, rate, social security number, duty preferences in order of priority, location of dependents and household goods, etc. The remarks section is provided for all other information that could be deciding factors in your assignment. The form should be completed six months after reporting to a new permanent duty station; when dependency status changes; when location of household goods changes; or when you want to change, add, or delete something from the current form on file.

If married to another service member, be sure to list your spouse's full name, branch of service, social security number, rate/rank, and present duty station. If you have any questions, contact your Senior Enlisted Advisor or me. In closing, I would like to wish every member of our Naval Hospital family a very Merry Christmas and a prosperous New Year.



From the Skipper

STRAIGHT TALK

CAPT D. D. Palmer

Command Master Chief's

"DOC" - 9 - LINE

By HMCM L. McColligan, USN

My Christmas presents

Three or four times a week, I receive letters from grateful patients thanking me for the care they received at this hospital. This makes my Christmas last all year. In this season of giving and joyousness, I would like to share with you a few of the general comments from some of these letters.

- "... commend who showed care and compassion for a scared lady."

- "All of these people are to be commended for being such truly outstanding, decent, caring and dedicated human beings."

- "I don't know how we are fortunate enough to obtain young men of this calibre for the service."

- "... certainly appreciate the wonderful medical service and personal care provided me."

- "... you can be extremely proud of the fine dedicated personnel you have."

- "To all of you, many thanks for a 'job well done' which could only be possible through your unselfish devotion to duty."

- "The speed, compassion, and expert care my son received at the NHO compels me to write this letter."

- "Everyone at your facility, from HN to surgeon, treated us as family."

- "I am thankful that we have such a good military hospital in the Orlando area."

My heartfelt thanks to all of you for the above presents. With such dedicated professionals as each of you are, I have much to be thankful for this season. Happy holidays!

It's that time of year ...

In preparing to write a column for this month, I looked back and reviewed the article I wrote in December 1986. What I said then, holds true this year as well; so, in the hope that those few who chose to ignore the advice last year will read and heed this year, I repeat my words.

As Vital Signs goes to press, we will be well into the celebration of the Holiday Season. With this most festive time of the year, frequently goes tragedy and grief -- most of it as a result of someone's intemperate use of alcohol and/or illegal use of exotic herbs and spices. A great number of us have lost a close friend or loved one at this time of the year when our spirits are at their highest. Unfortunately, the high spirits are frequently booze-induced and result in the ridiculous belief that our vehicles and bodies are armor-plated. They are not. To drive or ride with someone who is smashed is usually a sign that the only thing armor-plated is your brain. The result of driving/riding smashed is that you may very well become just that -- smashed!

If you party, fine ... but use a designated driver or taxi. Please don't let the exuberance of this holiday period result in your not being around on New Year's Day and lose, not only your life, but the chance to watch Penn State beat this year's Citrus Bowl opponent, Clemson!

My wife, Beryl, and I wish the very best to you and yours for 1988. Health and long life!

